



ESSENTIAL 50 FORMULAS FOR CLINICAL APPLICATIONS

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50 ESSENTIAL FORMULAS FOR CLINICAL APPLICATIONS

	PINYIN	CHINESE	ENGLISH	INDICATION	Note
1	Ba Zhen Tang	八珍湯	Eight-Treasure Decoction	Gynecological, Qi and Blood Deficiency	
2	Ba Zheng San	八正散	Eight-Herb Powder to Rectification	Urinary Tract Infection	
3	Ban Xia Bai Zhu Tian Ma Tang	半夏白朮天麻湯	Pinellia, Atractylodis Macrocephalae, and Gastrodia Decoction	Dizziness, Vertigo	
4	Ban Xia Xie Xin Tang	半夏瀉心湯	Pinellia Decoction to Drain the Epigastrium	Gastritis, Gastric Ulcer	
5	Bu Zhong Yi Qi Tang	補中益氣湯	Tonify the Middle and Augment the Qi Decoction	Fatigue, Overwork	
6	Cang Er San	蒼耳散	Xanthium Powder	Rhinitis, Sinusitis (Wind-Heat)	
7	Chai Hu Jia Long Gu Mu Li Tang	柴胡加龍骨牡蠣湯	Bupleurum plus Dragon Bone and Oyster Shell Decoction	Withdrawal symptoms, Stop Smoking	
8	Chai Hu Shu Gan San	柴胡疏肝散	Bupleurum Powder to Spread the Liver Powder	Liver Qi stagnation + Pain	
9	Da Qin Jiao Tang	大秦芎湯	Major Gentiana Decoction	Bell's Palsy, Trigeminal Neuralgia	
10	Du Huo Ji Sheng Tang	獨活寄生湯	Angelica Pubescens and Sangjisheng Decoction	Lower Back Pain	
11	Er Chen Tang	二陳湯	Two-Cured Decoction	Phlegm, Cough	
12	Er Xian Tang	二仙湯	Two Immortal Decoction	Menopause syndrome	
13	Gui Pi Tang	歸脾湯	Restore the Spleen Decoction	Insomnia, Poor Memory, Palpitation	
14	Huan Shao Dan	還少丹	Return to Spring Pill	Kidney Yin & Yang Deficiency	
15	Huo Xiang Zheng Qi San	藿香正氣散	Agastache Powder to Rectify the Qi	Stomach Flu	
16	Jia Wei Xiao Yao San	加味逍遙散	Free & Easy Wanderer Plus	Liver Qi stagnation + Heat	
17	Jiu Wei Qiang Huo Tang	九味羌活湯	Nine-Herb Notopterygium Decoction	Wind-Cold-Damp with Bodyache	
18	Juan Bi Tang	蠲痺湯	Remove Painful Obstruction Decoction	Joint Pain, Especially for Shoulder or upper limbs	
19	Long Dan Xie Gan Tang	龍膽瀉肝湯	Gentiana Decoction to Drain the Liver	Genital Area Itching, STD	
20	Mu Xiang Bing Lang Wan	木香檳榔丸	Aucklandia and Betel Nut Pill	Constipation, Purgative	
21	Qing Qi Hua Tan Wan	清氣化痰丸	Clear the Qi and Transform Phlegm Pill	Yellow-Phlegm, Cough	
22	Qing Shang Fang Feng Tang	清上防風湯	Upper Clearing Siler Decoction	Acne	
23	Qing Shang Juan Tong Tang	清上蠲痛湯	Upper Clearing and Removing Pain Decoction	Headache	
24	Run Chang Wan	潤腸丸	Moisten the Intestine Pill	Constipation, Laxative	
25	Shao Fu Zhu Yu Tang	少腹逐瘀湯	Drive Out Blood Stasis in the Lower Abdomen Decoction	Pain in the Lower Abdomen	

	PINYIN	CHINESE	ENGLISH	INDICATION	Note
26	Shen Ling Bai Zhu San	參苓白朮散	Ginseng, Poria, and White Atractylodes Powder	Diarrhea due to Spleen Deficiency	
27	Shen Tong Zhu Yu Tang	身痛逐瘀湯	Drive Out Blood Stasis from Painful Body Decoction	Pain in Channels	
28	Shu Jing Huo Xue Tang	疏經活血湯	Relax Channels and Invigorate Blood Decoction	Arthritis, Blood Stasis + Wind	
29	Tian Ma Gou Teng Yin	天麻鉤藤飲	Gastrodia and Uncaria Decoction	Hypertension	
30	Tian Wang Bu Xin Dan	天王補心丹	Emperor of Heaven's Special Pill to Tonify the Heart	Insomnia, Heart & Kidney Miscommunication	
31	Wen Jing Tang	溫經湯	Warm the Menses Decoction	Infertility, Irregular Menstruation	
32	Wen Qing Yin	溫清飲	Warming and Clearing Decoction	Blood disorders, Skin Diseases	
33	Wu Ling San	五苓散	Five-Ingredient Powder with Poria	Edema	
34	Xi Gan Ming Mu Tang	洗肝明目湯	Clearing Liver Brighten Eye Decoction	Eye infection, Conjunctivitis, Glaucoma	
35	Xiang Sha Ping Wei San	香砂平胃散	Cyperus and Amomum Powder to Calm the Stomach	Indigestion	
36	Xiao Feng San	消風散	Eliminate Wind Powder	Skin Diseases	
37	Xiao Yao San	逍遙散	Free & Easy Wanderer	Liver Qi stagnation	
38	Xiao Zhi Wan	消痔丸	Sophora and Scute Formula	Hemorrhoid	
39	Xin Yi San	辛夷散	Magnolia Flower Powder	Rhinitis, Sinusitis, Wind-Cold	
40	Xue Fu Zhu Yu Tang	血府逐瘀湯	Drive Out Stasis in the Mansion of Blood Decoction	Pain in the Chest and Hypochondria	
41	Yin Qiao San	銀翹散	Honeysuckle and Forsythia Powder	Sore throat due to Wind-Heat	
42	You Gui Wan	右歸丸	Restore the Right Kidney Pill	Kidney Yang Deficiency	
43	Yu Ping Feng San	玉屏風散	Jade Windscreen Powder	Recurrent Cold, Chronic allergic rhinitis	
44	Yu Quan Wan	玉泉丸	Jade Spring Pill	Diabetes	
45	Yue Ju Wan	越鞠丸	Escape Restraint Pill	Stagnations of Qi, Blood, Damp, Phlegm, Fire, Food	
46	Zheng Gu Zi Jin Dan	正骨紫金丹	Bone-Setter's Purple-Gold Special Pill	Traumatic Injury	
47	Zhi Sou San	止嗽散	Stop Coughing Powder	Acute and Chronic Cough	
48	Zhu Ru Wen Dan Tang	竹茹溫膽湯	Caulis Bambusae Warm Gallbladder Decoction	Insomnia, Mental Problem	
49	Zi Yin Jiang Huo Tang	滋陰降火湯	Nourish the Yin and Clear the Heat Decoction	Yin deficiency heat, Menopause	
50	Zuo Gui Wan	左歸丸	Restore the Left Kidney Pill	Kidney Yin Deficiency	

Essential 50 Formulas for Clinical Applications

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Disclaimer

The fifty formulas that have been selected for this class are simply a small representation of the vast number of all Asian herbal formulas. Essential formulas will vary depending on the type of practice and your specialty. You may modify the list to best suit your specific practice. The information in this class is designed to give you a basis and logic for modifying according to your patient profile.



1. Ba Zhen Tang Eight-Treasure Decoction

- Tonify Qi and Blood
 - Si Jun Zi Tang Four Gentleman Qi
 - Si Wu Tang Four Substance Blood
- Tongue and Pulse
 - Pale tongue
 - Weak pulse

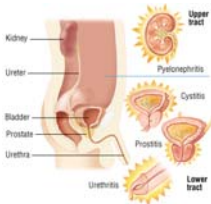


1. Ba Zhen Tang Eight-Treasure Decoction

1. Ren Shen
2. Bai Zhu
3. Fu Ling
4. Zhi Gan Cao
5. Shu Di Huang
6. Bai Shao
7. Dang Gui
8. Chuan Xiong
9. Sheng Jiang
10. Da Zao

2. Ba Zheng San Eight-Herb Powder to Rectification

- Zang Fu Pattern
 - Damp-Heat in UB
 - Urinary Tract Infection
 - Red tongue + yellow, greasy
- UTI basic points
 - SP9 (damp)
 - RN3 (UB front-mu), UB28 (UB back-shu)



2. Ba Zheng San Eight-Herb Powder to Rectification

1. Mu Tong
2. Hua Shi
3. Che Qian Zi
4. Qu Mai
5. Bian Xu
6. Zhi Zi
7. Zhi Da Huang
8. Deng Xin Cao
9. Gan Cao

3. Ban Xia Bai Zhu Tian Ma Tang

Pinellia, Atractylodes Macrocephalae, and Gastrodia Decoction

- Indication

- Pattern: Phlegm + LV Wind
- Dizziness, Vertigo, Headache
- Meniere's disease
- White, greasy coating



- Damp vs. Phlegm

- **Damp** : heaviness SP9
- **Phlegm** : heaviness, dizziness ST40

3. Ban Xia Bai Zhu Tian Ma Tang

Pinellia, Atractylodes Macrocephalae, and Gastrodia Decoction

1. Ban Xia
2. Tian Ma
3. Bai Zhu
4. Ju Hong
5. Fu Ling
6. Sheng Jiang
7. Da Zao
8. Gan Cao

4. Ban Xia Xie Xin Tang

Pinellia Decoction to Drain the Epigastrium

- Indication

- Gastritis, Gastric ulcer
- Treat Heat + Cold complex pattern
- Red + white greasy coating

- Etiology of Gastritis

- Cold stomach + Local inflammation



4. Ban Xia Xie Xin Tang

Pinellia Decoction to Drain the Epigastrium

1. Ban Xia
2. Gan Jiang
3. Huang Qin
4. Huang Lian
5. Ren Shen
6. Da Zao
7. Zhi Gan Cao

5. Bu Zhong Yi Qi Tang

Tonify the Middle and Augment the Qi Decoction

- Indication

- SP Qi deficiency
- SP Qi sinking (organ prolapse) → ST36, RN6, DU20

- S/S

- Tiredness (fatigue), no appetite, loose stool, Shortness of breath, slightly pale

- Etiology

- Overwork



5. Bu Zhong Yi Qi Tang

Tonify the Middle and Augment the Qi Decoction

1. Huang Qi
2. Ren Shen
3. Bai Zhu
4. Zhi Gan Cao
5. Dang Gui
6. Chen Pi
7. Sheng Ma
8. Chai Hu

6. Cang Er San

Xanthium Powder

- Nasal congestion/discharge
 - **Cang Er San** Wind-Heat
 - **Xin Yi San** Wind-Cold
- Open the nasal orifice: LU7, LI4, LI20, DU23
- Yu Ping Feng San** (Jade Windscreen)
 - Wei Qi (Defensive Qi) deficiency
 - Recurrent cold, **chronic** allergic rhinitis



6. Cang Er San

Xanthium Powder

1. Cang Er Zi
2. Xin Yi Hua
3. Bai Zhi
4. Bo He

7. Chai Hu Jia Long Gu Mu Li Tang

Bupleurum plus Dragon Bone and Oyster Shell Decoction

- Two ways to calm Shen (spirit)
 1. **Anchor** and Calm Shen excess
 2. **Nourish** Heart and Calm Shen deficiency
- Biomedical application
 - Withdrawal syndrome, Stop smoking treatment
 - Anchor Shen



7. Chai Hu Jia Long Gu Mu Li Tang

Bupleurum plus Dragon Bone and Oyster Shell Decoction

1. Chai Hu
2. Gui Zhi
3. Huang Qin
4. Da Huang
5. Long Gu
6. Mu Li
7. Ren Shen
8. Fu Ling
9. Ban Xia
10. Sheng Jiang
11. Da Zao
12. Qian Dan

8. Chai Hu Shu Gan San

Bupleurum Powder to Spread the Liver Powder

- Soothe LV Qi → GB34, LV3, PC6**
 - **Xiao Yao San (Free & Easy)**
 - LV Qi stagnation + Blood/Qi deficiency
 - **Jia Wei Xiao Yao San (Free & Easy Plus)**
 - LV Qi stagnation + Blood/Qi deficiency + Heat
 - **Chai Hu Shu Gan San**
 - LV Qi stagnation + Pain



8. Chai Hu Shu Gan San

Bupleurum Powder to Spread the Liver Powder

1. Chai Hu
2. Bai Shao
3. Zhi Ke
4. Zhi Gan Cao
5. Chen Pi
6. Xiang Fu
7. Chuan Xiong

9. Da Qin Jiao Tang

Major Gentiana Decoction

- Chinese

- Da = major
- Xiao = minor

- Indication:

- Bell's palsy
- Trigeminal neuralgia
- Distal points for face: LI4, ST44



9. Da Qin Jiao Tang

Major Gentiana Decoction

1. Qin Jiao
2. Gan Cao
3. Chuan Xiong
4. Dang Gui
5. Bai Shao
6. Xi Xin
7. Qiang Huo
8. Fang Feng
9. Huang Qin
10. Shi Gao
11. Bai Zhi
12. Bai Zhu
13. Sheng Di Huang
14. Shu Di Huang
15. Fu Ling
16. Du Huo

10. Du Huo Ji Sheng Tang

Angelica Pubescens and Sangjisheng Decoction

- Lower Back Pain and Knee Pain

- Wind-Cold-Damp
- LV (sinews) and KD (bone) weakness
- Qi, Blood deficiency + mild cold



- Juan Bi Tang (Remove Painful obstruction Decoction)

- Upper limb and shoulder

10. Du Huo Ji Sheng Tang

Angelica Pubescens and Sangjisheng Decoction

1. Du Huo
2. Xi Xin
3. Fang Feng
4. Qin Jiao
5. Sang Ji Sheng
6. Du Zhong
7. Niu Xi
8. Rou Gui
9. Dang Gui
10. Chuan Xiong
11. Sheng Di Huang
12. Bai Shao
13. Ren Shen
14. Fu Ling
15. Zhi Gan Cao

11. Er Chen Tang

Two-Cured Decoction

- Two (=Er) aged herbs

- Ban Xia (Pinelliae)
- Chen Pi (Tangerine peel) – like wine
- + Fu Ling (Poria), Gan Cao (Licorice)



- Key indication

- Damp-Phlegm
- Abundant phlegm with cough
- Fundamental formula for Phlegm = ST40

11. Er Chen Tang

Two-Cured Decoction

1. Ban Xia
2. Ju Hong
3. Fu Ling
4. Zhi Gan Cao
5. Sheng Jiang
6. Wu Mei

12. Er Xian Tang

Two Immortal Decoction

- Er (two) Xian (from herb name)
 - Xian Ling Pi (Epimedium)
 - Xian Mao (Golden-eye grass rhizome)
- Indications
 - Menopause patient who has **hot flash followed by chills**
 - Pattern: Yin and Yang both deficiency
 - Menopause patient who has hypertension
- Menopause patient with **hot flash only**
 - Tian Wang Bu Xin Dan / Zi Yin Jiang Huo Tang



12. Er Xian Tang

Two Immortal Decoction

1. Xian Mao
2. Yin Yang Huo
3. Ba Ji Tian
4. Huang Bai
5. Zhi Mu
6. Dang Gui

13. Gui Pi Tang

Restore the Spleen Decoction

- For both HT Blood & SP Qi deficiency
 - HT: Insomnia, anxiety, poor memory
 - SP Qi def.: Fatigue, no appetite, loose stool
 - Good for student
- Blood deficiency
 - LV Blood def. : blurred/dry eyes, nails, hair, menses
 - HT Blood def. : palpitation, insomnia, anxiety
- Memory
 - KD (short term), HT (long term), SP (memory capacity)



13. Gui Pi Tang

Restore the Spleen Decoction

1. Ren Shen
2. Huang Qi
3. Bai Zhu
4. Zhi Gan Cao
5. Dang Gui
6. Long Yan Rou
7. Suan Zao Ren
8. Zhi Yuan Zhi
9. Fu Shen
10. Mu Xiang
11. Sheng Jiang
12. Da Zao

14. Huan Shao Dan

Return to Spring Pill

- Tonify
 - Qi and Yang
 - Blood and Yin
 - Essence
- Indication
 - Elderly patient
 - Anti-aging treatment
 - Impotence



14. Huan Shao Dan

Return to Spring Pill

1. Shu Di Huang
2. Shan Yao
3. Niu xi
4. Gou Qi Zi
5. Shan Zhu Yu
6. Fu Ling
7. Du Zhong
8. Yuan Zhi
9. Wu Wei zi
10. Chi Shi Zi
11. Xiao Hui Xiang
12. Ba Ji Tian
13. Rou Cong Rong
14. Shi Chang Pu
15. Da Zao
16. Sheng Jiang

15. Huo Xiang Zheng Qi San

Agastache Powder to Rectify the Qi

- Indication
 - Stomach flu
 - Vomiting and Diarrhea
- Pattern
 - Exterior Wind-Cold
 - Interior Dampness
- Clinical indication → Detox



15. Huo Xiang Zheng Qi San

Agastache Powder to Rectify the Qi

1. Huo Xiang
2. Hou Po
3. Chen Pi
4. Zi Su Ye
5. Bai Zhi
6. Ban Xia
7. Da Fu Pi
8. Bai Zhu
9. Fu Ling
10. Jie Geng
11. Zhi Gan Cao
12. Sheng Jiang
13. Da Zao

16. Jia Wei Xiao Yao San

Free & Easy Wanderer Plus

- Most popular formula in US
 - Emotional stress, moodiness
 - Irritability
- Comparisons
 - **Xiao Yao San**: LV Qi stag + LV Blood/SP Qi def.
 - **Jia Wei Xiao Yao San**: Xiao Yao San + **Heat**
 - Heat = Excess (Zhi Zi) / Def. (Mu Dan Pi)
 - **Chai Hu Shu Gan San**: LV Qi stag. + Pain



16. Jia Wei Xiao Yao San

Free & Easy Wanderer Plus

1. Chai Hu
2. Dang Gui
3. Bai Shao
4. Bai Zhu
5. Fu Ling
6. Zhi Gan Cao
7. Wei Jiang
8. Bo He

17. Jiu Wei Qiang Huo Tang

Nine-Herb Notopterygium Decoction

- Exterior Wind-Cold-Damp condition
 - Chills and fever
 - Bodyache / flu
- Comparison
 - Qiang Huo = W-C-D, upper body pain
 - Du Huo = W-C-D, lower body pain
- **Yin Qiao San**
 - Exterior Wind-Heat, sore throat



17. Jiu Wei Qiang Huo Tang

Nine-Herb Notopterygium Decoction

1. Qiang Huo
2. Fang Feng
3. Cang Zhu
4. Xi Xin
5. Chuan Xiong
6. Bai Zhi
7. Huang Qin
8. Sheng Di Huang
9. Gan Cao

18. Juan Bi Tang

Remove Painful Obstruction Decoction

- Bi syndrome
 - Painful obstruction, arthritis, joint pains
- Wind-Damp Bi syndrome
 - **Upper body:** Juan Bi Tang
 - **Lower body:** Du Huo Ji Sheng Tang
- **Guiding herbs**
 - Upper limb: Gui Zhi (cinnamon twig), Sang Zhi (mulberry twig), Jiang Huang (Turmeric rhizome)
 - Lower limb: Niu Xi (Achyranthis root), Fang Ji (Stephania root)



18. Juan Bi Tang

Remove Painful Obstruction Decoction

1. Qiang Huo
2. Du Huo
3. Qin Jiao
4. Sang Zhi
5. Hai Feng Teng
6. Dang Gui
7. Chuan Xiong
8. Ru Xiang
9. Mu Xiang
10. Gui Zhi
11. Zhi Gan Cao

19. Long Dan Xie Gan Tang

Gentiana Decoction to Drain the Liver

- Long Dan Cao (Gentiana)
 - Dragon Gallbladder Herb
 - **bitter / cold**
- Two Directions
 - LV2 : Clear LV Fire (going up, eye)
 - » acute anger
 - GB34 : Clear LV/GB Damp-Heat (down, genital)
 - » Sexual Transmitted Disease



19. Long Dan Xie Gan Tang

Gentiana Decoction to Drain the Liver

1. Long Dan Cao
2. Huang Qin
3. Zhi Zi
4. Chai Hu
5. Mu Tong
6. Che Qian Zi
7. Ze Xie
8. Sheng Di Huang
9. Dang Gui
10. Gan Cao

20. Mu Xiang Bing Lang Wan

Aucklandia and Betel Nut Pill

- Both move Qi well in G.I. tract
 - Distention, bloating in upper/lower abdomen
 - Indigestion
 - **Constipation (excess type)**
 - **Acupuncture:** Combine 4 door treatment
- Related formulas
 - Run Chang Wan
 - Constipation (deficiency type) → moisten
 - Xiang Sha Ping Wei San
 - Indigestion



20. Mu Xiang Bing Lang Wan

Aucklandia and Betel Nut Pill

1. Mu Xiang
2. Bing Lang
3. Da Huang
4. Qian Niu Zi
5. Qing Pi
6. Chen Pi
7. Xiang Fu
8. E Zhu
9. Huang Lian
10. Huang Bai
11. Sheng Jiang

21. Qing Qi Hua Tan Wan

Clear the Qi and Transform Phlegm Pill

- Qing = Clear (heat)
- Visible LU phlegm
 - Qing Qi Hua Tang Wan:** yellow phlegm w/ cough
 - Er Chen Tang:** abundant phlegm w/ cough
 - Zhi Sou San:** Cough
- Invisible HT phlegm (→ mental aspect)
 - Zhu Ru Wen Dan Tang:** phlegm-heat



Normal bronchi Bronchitis

21. Qing Qi Hua Tan Wan

Clear the Qi and Transform Phlegm Pill

- Dan Nan Xing
- Huang Qin
- Gua Lou Ren
- Zhi Shi
- Chen Pi
- Fu Ling
- Ban Xia
- Xing Ren

22. Qing Shang Fang Feng Tang

Upper Clearing Siler Decoction

- Translation
 - Qing = Clear Heat
 - Shang = Upper → Face
- Heat in face
 - Acne
 - Rosacea



Rosacea Acne

22. Qing Shang Fang Feng Tang

Upper Clearing Siler Decoction

- Fang Feng
- Lian Qiao
- Jie Geng
- Bai Zhi
- Huang Qin
- Chuan Xiong
- Jing Jie
- Zhi Zi
- Huang Lian
- Bo He
- Zhi Ke
- Gan Cao

23. Qing Shang Juan Tong Tang

Upper Clearing and Removing Pain Decoction

- Translation
 - Qing = Clear (Heat)
 - Shang = Upper → Head / shoulder
- Headache
 - Frontal Yang Ming
 - Temporal Shao Yang
 - Occipital Tai Yang
 - Vertex Jue Yin
 - Deep inside (toothache) Shao Yin
 - Heavy, wrap Tai Yin
- Other Headache Formulas
 - Xue Fu Zhu Yu Tang:** headache due to blood stasis
 - Tian Ma Gou Teng Yin:** headache due to Liver Yang rising (hypertension)



23. Qing Shang Juan Tong Tang

Upper Clearing and Removing Pain Decoction

- Dang Gui
- Chuan Xiong
- Du Huo
- Qiang Huo
- Bai Zhi
- Fang Feng
- Cang Zhu
- Mai Men Dong
- Huang Qin
- Ju Hua
- Man Jing Zi
- Xi Xin
- Gan Cao
- Sheng Jiang

24. Run Chang Wan

Moisten the Intestine Pill

- **Run Chang Wan**
– deficient type, dryness type
- **Mu Xiang Bing Lang Wan**
– Excess type, hardness type / distention, bloating
– Indigestion ← move Qi



24. Run Chang Wan

Moisten the Intestine Pill

1. Huo Ma Ren
2. Tao Ren
3. Dang Gui
4. Sheng Di Huang
5. Zhi Ke

25. Shao Fu Zhu Yu Tang

Drive Out Blood Stasis in the Lower Abdomen Decoction

- **Zhu Yu Tang** = Drive Out Blood Stasis Decoction
 - Xue Fu Zhu Yu Tang chest
 - Shao Fu Zhu Yu Tang lower abdomen
 - Shen Tong Zhu Yu Tang channel
- **Blood stasis:** purple tongue, chronic, peculiar
- **Shao Fu**
 - lower abdominal Pain
 - dysmenorrhea



25. Shao Fu Zhu Yu Tang

Drive Out Blood Stasis in the Lower Abdomen Decoction

1. Chuan Xiong
2. Dang Gui
3. Chi Shao
4. Wu Ling Zhi
5. Mo Yao
6. Yan Hu Suo
7. Pu Huang
8. Gan Jiang
9. Xiao Hui Xiang
10. Rou Gui

26. Shen Ling Bai Zhu San

Ginseng, Poria, and White Atractylodes Powder

- Based on Four Gentlemen (Si Jun Zi Tang)
 - SP Qi deficiency
 - + more herbs for Dampness, diarrhea
- **Indication:** SP Qi deficiency + Diarrhea
- After chronic/prolonged disease



26. Shen Ling Bai Zhu San

Ginseng, Poria, and White Atractylodes Powder

1. Ren Shen
2. Bai Zhu
3. Fu Ling
4. Zhi Gan Cao
5. Shan Yao
6. Yi Yi Ren
7. Bai Bian Dou
8. Lian Zi
9. Sha Ren
10. Jie Geng

27. Shen Tong Zhu Yu Tang

Drive Out Blood Stasis from Painful Body Decoction

- **Zhu Yu Tang**
 - Zhu = Drive out / Yu = Blood stasis
- **Zhu Yu Tang:** purple tongue, chronic, peculiar
 - Xue Fu Zhu Yu Tang chest, hypochondriac
 - Shao Fu Zhu Yu Tang lower abdomen
 - Shen Tong Zhu Yu Tang body, channel
- **Peculiar disease:** Blood stasis + Phlegm



27. Shen Tong Zhu Yu Tang

Drive Out Blood Stasis from Painful Body Decoction

1. Tao Ren
2. Hong Hua
3. Chuan Xiong
4. Dang Gui
5. Wu Ling Zhi
6. Mo Yao
7. Di Long
8. Xiang Fu
9. Huai Niu Xi
10. Qin Jiao
11. Qiang Huo
12. Gan Cao

28. Shu Jing Huo Xue Tang

Relax Channels and Invigorate Blood Decoction

- **Indications**
 - Arthritis, Joint pain, bodyache
- **Two etiology**
 - Blood stasis purplish
 - Wind-Dampness greasy
 - Upper body: Juan Bi Tang
 - Lower body: Du Huo Ji Sheng Tang



28. Shu Jing Huo Xue Tang

Relax Channels and Invigorate Blood Decoction

1. Bai Shao
2. Dang Gui
3. Chuan Xiong
4. Sheng Di Huang
5. Tao Ren
6. Cang Zhu
7. Fu Ling
8. Niu Xi
9. Wei Ling Xian
10. Han Fang Ji
11. Qiang Huo
12. Fang Feng
13. Long Dan Cao
14. Bai Zhi
15. Chen Pi
16. Gan Cao
17. Sheng Jiang

29. Tian Ma Gou Teng Yin

Gastrodia and Uncaria Decoction

- **Indication**
 - **LV Yang rising:** hypertension
 - **LV Wind:** tremor, convulsion
- **Excess Liver**
 - LV Fire : Long Dan Xie Gan Tang
 - LV Yang rising : Tian Ma Gou Teng Yin



29. Tian Ma Gou Teng Yin

Gastrodia and Uncaria Decoction

1. Tian Ma
2. Gou Teng
3. Shi Jue Ming
4. Zhi Zi
5. Huang Qin
6. Yi Mu Cao
7. Chuan Niu Xi
8. Du Zhong
9. Sang Ji Sheng
10. Ye Jiao Teng
11. Fu Shen

30. Tian Wang Bu Xin Dan

Emperor of Heaven's Special Pill to Tonify the Heart

- Harmonize HT and KD
 - HT = Fire (south) / go down
 - KD = Water (north) / go up
- HT and KD miscommunication
 - **KD Yin deficiency:** lower back pain, dry stool
 - **HT fire:** Insomnia, palpitation, anxiety



30. Tian Wang Bu Xin Dan

Emperor of Heaven's Special Pill to Tonify the Heart

1. Sheng Di Huang
2. Dan Shen
3. Dang Gui
4. Bai Zi Ren
5. Yuan Zhi
6. Ren Shen
7. Fu Ling
8. Tian Men Dong
9. Mai Men Dong
10. Xuan Shen
11. Wu Wei Zi
12. Suan Zao Ren
13. Jie Geng
14. Zhu Sha
15. Long Yan Rou

31. Wen Jing Tang

Warm the Menses Decoction

- Indications
 - Infertility, Irregular menstruation
- Sa-Am Chim (Four needle technique)
 - ST tonification + KD tonification
- **Etiology**
 - Cold in uterus
 - Blood stasis in uterus



31. Wen Jing Tang

Warm the Menses Decoction

1. Wu Zhu Yu
2. Gui Zhi
3. Dang Gui
4. Chuan Xiong
5. Bai Shao
6. E Jiao
7. Mai Men Dong
8. Mu Dan Pi
9. Ren Shen
10. Sheng Jiang
11. Ban Xia
12. Gan Cao

32. Wen Qing Yin

Warming and Clearing Decoction

- Wen + Qing
 - Wen = warming Si Wu Tang
 - Qing = cooling Huang Lian Jie Du Tang
- Actions
 - Si Wu Tang = tonify/move blood
 - Huang Lian Jie Du Tang = cool/detox blood
- Indications:
 - Skin disease
 - Blood disorders such as leukemia



32. Wen Qing Yin

Warming and Clearing Decoction

1. Shu Di Huang
2. Bai Shao
3. Dang Gui
4. Chuan Xiong
5. Huang Qin
6. Huang Lian
7. Huang Bai
8. Zhi Zi

33. Wu Ling San

Five-Ingredient Powder with Poria

• Actions

- Promote urination

• Indication

- Edema due to water retention
- Edema due to Western medications

**33. Wu Ling San**

Five-Ingredient Powder with Poria

1. Ze Xie
2. Fu Ling
3. Zhu Ling
4. Bai Zhu
5. Gui Zhi

34. Xi Gan Ming Mu Tang

Clearing Liver Brighten Eye Decoction

• Translations

- Xi = clear/sedate; Gan = liver
- Ming = brighten; Mu = eye

• Eye infection

- Swollen, painful eyes
- Conjunctivitis



• Long Dan Xie Gan Tang

- LV fire : eye, head
- LV/GB damp-heat : genital area

34. Xi Gan Ming Mu Tang

Clearing Liver Brighten Eye Decoction

1. Dang Gui Wei
2. Chuan Xiong
3. Chi Shao
4. Sheng Di Huang
5. Huang Lian
6. Huang Qin
7. Zhi Zi
8. Shi Gao
9. Lian Qiao
10. Fang Feng
11. Jing Jie
12. Bo He
13. Qiang Huo
14. Man Jing Zi
15. Ju Hua
16. Bai Ji Li
17. Jue Ming Zi
18. Jie Geng
19. Gan Cao

35. Xiang Sha Ping Wei San

Cyperus and Amomum Powder to Calm the Stomach

• Indigestion

- ST44 (sedate on painful side)
- Other side: PC6 + SP4 combination

• Modern disease: caused by diet

- Overeating, greasy

• Middle Jiao Dampness + Food retention

- Treat dampness
- Reduce food retention
- Move Qi

**35. Xiang Sha Ping Wei San**

Cyperus and Amomum Powder to Calm the Stomach

1. Cang Zhu
2. Hou Po
3. Chen Pi
4. Zhi Gan Cao
5. Sheng Jiang
6. Da Zao

36. Xiao Feng San

Eliminate Wind Powder

- Skin formula
 - Itchy, weepy, red skin
- Etiology
 - Wind: itchy
 - Damp: weepy → greasy tongue
 - Heat: red → red tongue
- Other Skin formula
 - Wen Qing Yin → Blood Heat pattern (red, not greasy)

**36. Xiao Feng San**

Eliminate Wind Powder

1. Jing Jie
2. Fang Feng
3. Niu Bang Zi
4. Chan Tui
5. Cang Zhu
6. Ku Shen
7. Mu Tong
8. Shi Gao
9. Zhi Mu
10. Sheng Di Huang
11. Dang Gui
12. Hei Zhi Ma
13. Gan Cao

37. Xiao Yao San

Free & Easy Wanderer

- Excess + Deficiency
 - Excess: LV Qi stagnation
 - Deficiency: LV Blood & SP Qi deficiency
- Other formulas for LV Qi stagnation
 - Xiao Yao San + Heat → Jia Wei Xiao Yao San
 - Pain → Chai Hu Shu Gan San
 - Blood, Damp, Food, Heat, Phlegm → Yue Ju Wan

**37. Xiao Yao San**

Free & Easy Wanderer

1. Chai Hu
2. Dang Gui
3. Bai Shao
4. Bai Zhu
5. Fu Ling
6. Zhi Gan Cao
7. Wei Jiang
8. Bo He

38. Xiao Zhi Wan

Sophora and Scute Formula

- Hemorrhoid
 - Acupuncture: UB57, Er Bai
- Extra formula
 - **Huai Hua San** in the room shelf

**38. Xiao Zhi Wan**

Sophora and Scute Formula

1. Di Yu
2. Huai Hua
3. Sheng Di Huang
4. Huang Qin
5. Zi Cao
6. Chen Pi
7. Ku Shen
8. Sheng Ma
9. Feng Wei Cao

39. Xin Yi San

Magnolia Flower Powder

- Rhinitis, sinusitis
 - Xin Yi San Wind-Cold / clear
 - Cang Er San Wind-Heat / yellow
- Chronic allergic rhinitis
 - Yu Ping Feng San (Jae Windscreen Powder)
 - Tonify Wei (defensive) Qi

**39. Xin Yi San**

Magnolia Flower Powder

1. Xin Yi Hua
2. Chuan Xiong
3. Mu Tong
4. Xi Xin
5. Fang Feng
6. Qiang Huo
7. Gao Ben
8. Sheng Ma
9. Bai Zhi
10. Zhi Gan Cao

40. Xue Fu Zhu Yu Tang

Drive Out Stasis in the Mansion of Blood Decoction

- Blood stasis in:
 - Chest
 - Hypochondriac
 - Head
- Headache formulas
 - 23. Qing Shang Juan Tong Tang
 - 19. Long Dan Xie Gan Tang
 - 29. Tian Ma Gou Teng Yin
 - 40. Xue Fu Zhu Yu Tang (chronic blood stasis)

**40. Xue Fu Zhu Yu Tang**

Drive Out Stasis in the Mansion of Blood Decoction

1. Tao Ren
2. Hong Hua
3. Chuan Xiong
4. Dang Gui
5. Chi Shao
6. Chuan Niu Xi
7. Sheng Di Huang
8. Chai Hu
9. Jie Geng
10. Zhi Ke
11. Gan Cao

41. Yin Qiao San

Honeysuckle and Forsythia Powder

- Exterior Wind-Heat
 - Sore throat
 - Measles, mumps
- Exterior: chills/fever
 - 41. Yin Qiao San: Wind-Heat
 - 17. Jiu Wei Qiang Huo Tang: W-C-D, flu, bodyache
 - Extra. Jing Fang Bai Du San: W-C

**41. Yin Qiao San**

Honeysuckle and Forsythia Powder

1. Jin Yin Hua
2. Lian Qiao
3. Jie Geng
4. Niu Bang Zi
5. Bo He
6. Dan Dou Chi
7. Jing Jie
8. Dan Zhu Ye
9. Xian Lu Gen
10. Gan Cao

42. You Gui Wan

Restore the Right Kidney Pill

- KD Tonics
 - You Gui Wan (Right Kidney) - KD Yang
 - Zuo Gui Wan (Left Kidney) - KD Yin
- KD deficiency: lower back, knee
 - Yang deficiency: Cold, edema, impotence
 - Yin deficiency: night sweat, five palm heat

**42. You Gui Wan**

Restore the Right Kidney Pill

1. Fu Zi
2. Rou Gui
3. Lu Jiao Jiao
4. Shu Di Huang
5. Shan Zhu Yu
6. Shan Yao
7. Gou Qi Zi
8. Tu Si Zi
9. Du Zhong
10. Dang Gui

43. Yu Ping Feng San

Jade Windscreen Powder

- Tonify Wei (Defensive) Qi
 - Prevent body from pathogen
 - Open/Close pores properly
- Indications
 - Concurrent cold
 - Chronic allergic rhinitis

**43. Yu Ping Feng San**

Jade Windscreen Powder

1. Huang Qi
2. Bai Zhu
3. Fang Feng

44. Yu Quan Wan

Jade Spring Pill

- Indication
 - Diabetes
- Actions
 - Nourish fluids
 - Pharmaceutical: Control blood sugar level

**44. Yu Quan Wan**

Jade Spring Pill

1. Tian Hua Fen
2. Ge Gen
3. Ren Shen
4. Sheng Di Huang
5. Wu Wei Zi
6. Mai Men Dong
7. Fu Ling
8. Wu Mei
9. Huang Qi
10. Gan Cao

45. Yue Ju Wan

Escape Restraint Pill

- Six stagnation
 - Qi
 - Blood
 - Damp
 - Phlegm
 - Food
 - Heat
- Signs and Symptoms
 - Pain, distention, indigestion
 - Red, greasy, purple tongue + Wiry, slippery, rapid pulse



45. Yue Ju Wan

Escape Restraint Pill

1. Xiang Fu
2. Chuan Xiong
3. Cang Zhu
4. Shan Zhi Zi
5. Shen Qu

46. Zheng Gu Zi Jin Dan

Bone-Setter's Purple-Gold Special Pill

- Traumatic injury
 - Car accident, falling
 - Swelling, pain, bleeding
- Etiology
 - Trauma



46. Zheng Gu Zi Jin Dan

Bone-Setter's Purple-Gold Special Pill

1. Ding Xiang
2. Mu Xiang
3. Xue Jie
4. Er Cha
5. Zhi Da Huang
6. Hong Hua
7. Dang Gui
8. Lian Zi
9. Fu Ling
10. Bai Shao
11. Mu Dan Pi
12. Gan Cao

47. Zhi Sou San

Stop Coughing Powder

- Action
 - Stop cough
- Phlegm + Cough
 - Er Chen Tang Damp-Phlegm
 - Qing Qi Hua Tan Wan Phlegm-Heat



47. Zhi Sou San

Stop Coughing Powder

1. Zi Wan
2. Bai Qian
3. Bai Bu
4. Jie Geng
5. Chen Pi
6. Jing Jie
7. Gan Cao

48. Zhu Ru Wen Dan Tang

Caulis Bambusae Warm Gallbladder Decoction

• Invisible Phlegm-Heat

— Greasy-yellow coating



• Mental aspect

— Insomnia, anxiety, palpitation

- SP Qi deficiency (pale tongue) → Gui Pi Tang
- HT/KD Yin deficiency, heat (red, no coating) → Tian Wang Bu Xin
- Phlegm-Heat (greasy, yellow coating) → Zhu Ru Wen Dan Tang

— Schizophrenia, bipolar

48. Zhu Ru Wen Dan Tang

Caulis Bambusae Warm Gallbladder Decoction

1. Zhu Ru
2. Zhi Shi
3. Ban Xia
4. Chen Pi
5. Fu Ling
6. Gan Cao
7. Chai Hu
8. Xiang Fu
9. Jie Geng
10. Ren Shen
11. Mai Men Dong
12. Huang Lian

49. Zi Yin Jiang Huo Tang

Nourish the Yin and Clear the Heat Decoction

• Translations

- Zi Yin = nourish the yin
- Jiang Huo = clear the heat

• Comparison

- Yin deficiency → heat
- Yang deficiency → cold

• Patterns with Yin deficient heat

- Afternoon fever, tidal fever, malar flush, five-palm
- Menopause syndrome

**49. Zi Yin Jiang Huo Tang**

Nourish the Yin and Clear the Heat Decoction

1. Sheng Di Huang
2. Shu Di Huang
3. Dang Gui
4. Bai Shao
5. Bai Zhu
6. Tian Men Dong
7. Mai Men dong
8. Chen Pi
9. Zhi Mu
10. Huang Bai
11. Zhi Gan Cao
12. Sheng Jiang
13. Da Zao

50. Zuo Gui Wan

Restore the Left Kidney Pill

• KD Tonics

— Zuo Gui Wan

- KD Yin
- Red + scanty coating (heat)



— You Gui Wan

- KD Yang
- Pale + moist (cold)

50. Zuo Gui Wan

Restore the Left Kidney Pill

1. Shu Di Huang
2. Shan Yao
3. Shan Zhu Yu
4. Gou Qi Zi
5. Gui Ban Jiao
6. Lu Jiao Jiao
7. Tu Si Zi
8. Chuan Niu Xi

